

Coach Contact Information

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Head Coach Kristine Anderson



- **Clinton Community High School Varsity Volleyball**
 - 4 year Varsity Letter (2001-2004)
 - Outside Hitter/ Defensive Specialist
 - Team or Individual Honors: Regional Champs 2005; Okaw Valley Conference Second Team; Broken School Records: Digs per season: 415; Digs in a career: 940; Most Service Points in a season: 216, Highest Season Passing Percentage: .939, Highest Career Passing Percentage: .931.
 - Also won Most Valuable Player in 2005; and the Mentor Award in 2005 (the JV team votes on who they look up to the most on the varsity team)
- **Illini Elite**
 - 4 years (2001-2005)
 - Libero
- **Parkland College Volleyball Team**
 - 1 season (2005)
 - Libero
 - Team or Individual Honors: ranked 4th in the nation in digs per game with 6.595; Parkland record most digs in a season with 1,075, highest winning percentage in a season 49-14; Mid-West Atlantic Conference Winner 2005; Mid-West Atlantic conference Freshman of the Year; All Conference First Team; All Region 24 Second Team
- **University of Illinois Varsity Volleyball Team**
 - 3 years (2006-2008)
 - Defensive Specialist/ Libero
 - Team or Individual Honors: 2008 NCAA Appearance; 2008 NCAA Sweet Sixteen; George Huff Award; Academic All Big-Ten 2007-2008 and 2008-2009; Chi Alpha Sigma, National College Athlete Honor Society; University of Illinois Jim Bayne Award: Award for Academic Achievement. GPA 3.57 in 2007
- **Coaching Experience**
 - Clinton Wave, 8 yr. old; Parkland College Volleyball Camps 2005; University of Illinois Volleyball Camps 2006-present; 2007 & 2008 University of Illinois Volleyball Family Fun Fest

Champaign Central Volleyball Program Vision

- **Vision Statement for Central High School Volleyball**
 - Champaign Central Volleyball is the high school program to which all other programs are measured.

- **Mission Statement for Central High School Volleyball**
 - Champaign Central Volleyball's mission is to play at a highly competitive level at the top of the Big 12 Conference and in the State Tournament. It is a program that focuses on its core values in order to achieve skills mastery in volleyball as well as life. Champaign Central Volleyball is a program that contributes to Maroon Athletics, Champaign Central High School, and the Champaign-Urbana community.

- **Core Values**
 - Trust, Competitiveness, Discipline, Commitment, Responsibility, Integrity, Awareness, Education, and Health.

Summer Volleyball Information

Parkland Tournament

Varsity: Friday June 19 and Saturday June 20

JV: Saturday June 27 and Sunday June 28

Champaign Central League

July, more information will be distributed at a later date

Champaign Centennial Freshman League

July 2, 9, 17, 23

Open Gyms

May open gyms will be announced as soon as possible

June-July Friday 6pm-8pm

Weight Lifting

**June-July, more information will be distributed at a later date

Cardio Workouts

**8 week program June-July

Tryouts August 12th more information distributed at a later date

*Please make sure your players fill out the player information sheets in order to receive all the information regarding summer information and tryouts. Thanks!

**These activities are important to do in order to get the most out of our preseason as well as prevent injuries.

Champaign Central Women's Volleyball Tryout Criteria

Name:	Age:	Year in Central Volleyball:	Position:
Attitude/ Team Mentality	4	3	2
<ul style="list-style-type: none"> -Deals with personal conflicts/adversity in a positive and proactive manner. -Consistently supports all teammates with actions/words-even when no one is watching -Willing to fulfill any role on the team -Work ethic shows a constant dedication to personal and team improvement -Consistently shows control under pressure. -Uses good decision making and good technical skills to give sets to hitters -Consistently and instinctively uses a variety of sets to effectively use all hitters 	<ul style="list-style-type: none"> -Settles personal conflicts individually. -Supports teammates with words/actions -Follows directions the first time given. -Dedicated to improving -Can set a ball with good hands/ form -Shows ability to control the set and placing the set in the desired place -Able to set a variety of sets -Often setting with accuracy -Shows the ability to control the pass in pressure situations -Usually uses good technique -Usually can pass to the desired location -Usually cover a lot of court -Shows effort in her approach -Able to hit a variety of sets -Usually can hit to the desired location -Shows that they can create offensive opportunities -Good vertical -Good speed and agility -Good footwork and power -Has the ability to create blocking and scoring opportunities -Communicates with teammates on blocking -Can penetrate over the net -Shows the ability to control the toss -Often serves to the correct zone -Usually can serve aggressively in pressure situations 	<ul style="list-style-type: none"> -Occasionally takes frustration out on teammates or allows personal conflicts to worsen -Supports most teammates -Usually follows directions first time given -Sets personal goals -Usually sets with good control -Usually can set a variety sets but sometimes is unable to control -Occasionally produces a crisp and controlled set to its desired hitter -Has difficulty producing a good set in pressure situations -Has difficulty passing/digging in a pressure situation -Occasionally passes to the desired location -Struggles with movement and court coverage -Usually can hit a set -Occasionally hits the ball to the desired spot on the court -Has difficulty hitting a variety of sets -Decent vertical -Usually has good speed and agility -Needs work on footwork -Communicates on assisted blocks with coach prompting -Usually can control the toss -Occasionally serves the ball to the desired zone -Has difficulty serving in pressure situations 	<ul style="list-style-type: none"> -Argues with teammates and/or complains to coaches -Blames others first when adversity arises -Attitude gets in the way of personal and team success -Consistently loses control of the set -Struggles to control the set from a live pass -Cannot produce a set to the desired hitter -Cannot produce a set in a pressure situation -Consistently loses control of the pass/dig -Unable to place the pass/dig in desired location -Cannot produce a pass in a pressure situation -Shows little effort in transition -Unable to hit a high set -Cannot produce a hit to a desired spot on the court -Poor vertical -Shows little effort on blocking footwork -Lack of communication on assisted blocks -Cannot produce a block or penetrate over the net -Consistently loses control on the toss -Unable to hit the serving zones -Cannot produce a serve in pressure situations
Setting			
Passing/Defense			
Hitting			
Blocking			
Serving			

	4	3	2	1
Knowledge of the Game	<ul style="list-style-type: none"> -Creates offensive and defensive opportunities -Excellent Court Awareness -Constantly supports teammates with insight and good communication -Gives teammates advice in a positive and constructive manner 	<ul style="list-style-type: none"> -Understands court awareness -Often creates offensive and defensive opportunities -Supports teammates using good communication 	<ul style="list-style-type: none"> -Shows slow progress in court awareness -Rarely shows the ability to create offensive and defensive opportunities -Supports teammates with a coach's prompting 	<ul style="list-style-type: none"> -Frequently shows a lack of court awareness -Does not create offensive or defensive opportunities -Lack of communication skills
Athleticism	<ul style="list-style-type: none"> -Excellent Endurance -Excellent Strength -Excellent Speed/Quickness -Excellent Vertical -Athletic ability consistently puts player in a position to be successful on the field 	<ul style="list-style-type: none"> -Sufficient in 2 of the 3 aspects of good athleticism; these areas contribute to success on the field. -Deficient area hinders player's potential on the field 	<ul style="list-style-type: none"> -Sufficient in 1 of the 3 aspects of good athleticism. Limitations in the other two areas hinder performance on the field. 	<ul style="list-style-type: none"> -Lacks adequate aspects of good athleticism. Limitations in all three areas hinder performance on the field.

Additional Comments:

Be a Ball Sponsor

After taking an inventory of all of Central Volleyball's equipment I have noticed there is an immense need for volleyballs. In order for our practices to work and run efficiently we need a large number of volleyballs so players can focus more on learning volleyball skills then shagging up the few balls we have. Currently we only have enough balls for one team and it is beneficial to all players to each have a ball. By being a ball sponsor you are giving Central Volleyball the tools it needs to become a successful program. Please show your support for Champaign Central and you will receive a button that you may wear during matches this coming season as well as a sign that will be posted in Combes Gym. If you are interested in becoming a ball sponsor please fill out the form below and return it to the coaching staff.

Yes, I would like to donate _____ ball(s) at \$35.00 each to Central Volleyball.

Name: _____

Address: _____

Checks payable to: Central Athletics

Payments ^{and form} may be dropped off to athletic office
or turned in at open gyms.

Summer League T-Shirts

We will be wearing a Central VB t-shirt, with spandex shorts (you provide) to all of our summer league and tournament activities. If you are planning on participating this summer you need to fill out this form and return the form in an envelope with your money by May 31, 2009. Please specify how many shirts you would like.

Name: _____

Size: _____

Quantity: _____

\$10.00 each

Total: _____

Checks payable to: Central Volleyball

Order form and payment may be dropped off
at Central Athletic office or first open gym

Player Information Sheet

Name:

Parent's Name:

Age:

Phone Number (both player and parents):

Email Address (both player and parents):

Home Address:

Position:

Years in Central Volleyball:

Interested in getting information about (circle yes or no):

Summer Camp July 27-30th: Yes or No

Parkland Varsity and JV Tournament (June) Yes or No

Centennial Freshman League (July) Yes or No

Central JV and Varsity League Yes or No

Weight Lifting: Yes or No

Cardio Workouts: Yes or No

Nutrition/Health Education: Yes or No

Leadership/ Team Building: Yes or No

Shirt Size _____

*Additional Comments can be written on the back